

Atemi Waza

Niveau	Disciplin	Teknikker						
5. kyu	Plethandsker/slagpuder	Kizami Tsuki	Gyaku Tsuki	Teisho Uchi	Mawashi Tsuki	Hiza Geri	Mae Geri	
	Kombinationer	Kizami Tsuki el. Gyaku Tsuki Te Nagashi Uke	Mawashi Tsuki Uchi Shuto Uke	Mae Geri Gedan Barai				
		<i>Stand: Zenkutsu Dachi, start/slut: Kamae</i>	<i>Stand: Zenkutsu Dachi, start/slut: Kamae</i>	<i>Stand: Zenkutsu Dachi, start/slut: Kamae</i>				
4. kyu	Plethandsker/slagpuder	Mae Empi	Age Empi	Age Tsuki	Mae Geri (<i>Keage/Kekomi</i>)	Mawashi Geri (<i>Chudan/Gedan</i>)		
	Kombinationer	Chudan Mae Geri Gedan Barai + Gyaku Tsuki	Chudan Mawashi Geri Morote Uke + Gyaku Tsuki	Gedan Mawashi Geri Undvig tilbage + Gyaku Tsuki	Chudan Mawashi Geri Gedan Barai + Mae Geri			
		<i>Stand: Zenkutsu Dachi, start/slut: Kamae</i>	<i>Stand: Zenkutsu Dachi, start/slut: Kamae</i>	<i>Stand: Zenkutsu Dachi, start/slut: Kamae</i>	<i>Stand: Zenkutsu Dachi, start/slut: Kamae</i>			
3. kyu	Plethandsker/slagpuder	Uraken Uchi	Yoko Empi Uchi	Yoko Geri Chudan (<i>Keage + Kekomi</i>)	Kizami Tsuki + Gyaku Tsuki + Mawashi Tsuki + Gedan Mawashi Geri			
	Kombinationer	Kizami Tsuki Uchi Shuto Uke + Mae Ashi Mawashi Geri + Gyaku Tsuki	Uraken Uchi Soto Uke + Yoko Empi Uchi + Gyaku Mae Empi Uchi	Gyaku Mawashi Tsuki Uchi Shuto Uke + Gedan Mae Ashi Mawashi Geri + Gyaku Tsuki	Jodan Kizami Tsuki "Slip yderside" + Gyaku Tsuki + Mawashi Geri	Jodan Mawashi Tsuki "Weave/roll yderside" + Mawashi Tsuki + Jodan Mawashi Tsuki		
2. kyu	Plethandsker/slagpuder	Ushiro Geri	Ushiro Mawashi Geri	Kizami Tsuki + Gyaku Tsuki Uke: Kizami Tsuki "Slip yderside" + Gyaku Tsuki	Kizami Tsuki + Gyaku Tsuki Uke: Mawashi Tsuki "Roll yderside" + Mawashi Tsuki			
	Kombinationer: <i>Kachi Kamae Kumite</i>	Chudan Kizami Tsuki Te Nagashi Uke + Jodan Gyaku Tsuki "Slip" + Gyaku Tsuki	Jodan Gyaku Tsuki "Slip" + Jodan Mawashi Tsuki "Roll" + Gyaku Tsuki	Jodan Mawashi Tsuki "Roll" + Chudan Mae Geri Gedan Barai + Gyaku Tsuki	Chudan Mae Geri Gedan Barai + Yoko Geri Soto Uke + Gyaku Tsuki	Yoko Geri Soto Uke + Uraken Uchi Te Nagashi Uke + Gyaku Tsuki	Uraken Uchi Te Nagashi Uke + Mawashi Geri Morote Uke + Gyaku Tsuki	Mawashi Geri Morote Uke + Chudan Ushiro Geri Gedan Gyaku Te Nagashi Uke + Gyaku Tsuki
1. kyu	Plethandsker/slagpuder	Ura Mawashi Geri	Mawashi Geri + Gyaku Tsuki	Uraken Uchi + Ushiro Geri	Gyaku Tsuki + Ura Mawashi Geri	Gyaku Tsuki + Uraken Uchi + Ushiro Mawashi Geri		
	Kombinationer	Kizami Tsuki Te Nagashi Uke Gyaku Tsuki Gedan Te Nagashi Uke + Uraken Uchi + Gyaku Tsuki	Uraken Uchi Uchi Shuto Uke Ushiro Geri Gyaku Gedan Barai + Gedan Mae Ashi Mawashi Geri + Haito Uchi	Mae Mawashi Tsuki Uchi Shuto Uke Gedan Mawashi Geri Hiza Uke + Gedan Mawashi Geri + Gyaku Tsuki	Mawashi Geri (gedan/chudan/jodan) Morote Uke + Hiza Uke + Mawashi Tsuki + Mawashi Geri			
1. dan	Plethandsker/slagpuder	Fri plethandske Waza (5-6 stk.) <i>Gerne specialisering indenfor eget valgt tema/emne.</i>						
	Kombinationer	Kizami Tsuki (Zen No Sen) Kizami Tsuki + Gyaku Tsuki	Kizami Tsuki (Zen No Sen) Te Nagashi + Chudan Gyaku Tsuki + Hiza Geri	Gyaku Tsuki (Go No Sen) Te Nagashi Uke + Uraken Uchi + Ushiro Geri	Gyaku Tsuki (Go No Sen) Te Nagashi Uke + Gedan Mae Ashi Mawashi Geri + Ushiro Mawashi Geri	Gyaku Tsuki (Go No Sen) Gedan Te Nagashi Uke Ura Mawashi Geri Te Nagashi Uke + Gyaku Haito Uchi + De Ashi Barai + Gyaku Tsuki		
2. dan	Plethandsker/slagpuder	5 egne teknikkombinationer						
	Kombinationer	Kizami Tsuki (Zen No Sen) Te Nagashi Uke + Gyaku Tsuki + Uraken Uchi + Gedan Gyaku Haito Uchi + De Ashi Barai + Gyaku Tsuki	Kizami Tsuki (Zen No Sen) Te Nagashi + Uraken Uchi + Gyaku Tsuki + Morote Ashi Barai + Gyaku Tsuki	Uraken Uchi (Go No Sen) Uchi Shuto Uke Mae Geri Gedan Te Nagashi Uke + træk i fod + Mae Geri	Gedan Mawashi Geri (Go No Sen) Hiza Uke + Gedan Yoko Geri + Uraken Uchi	Gyaku Mawashi Tsuki (Zen No Sen) Uchi Shuto Uke + Gyaku Mae Empi Uchi + Hiza Geri	5 egne teknikker eller - kombinationer	